metroSCIENCE

How to make it to your 117th birthday

Inside this medical mystery

FARMERS' MARKETS

No long-term plan, no oversight — but all that's changing

metroNEWS

Ottawa metro

Your essential daily news | WEEKEND, DECEMBER 2-4, 2016

High 4°C/Low -2°C Chance of rain or wet flurries

WORLD AIDS DAY

RiRi and Harry take the test

metroLIFE

Nemeh Almajaresh came to Ottawa as a refugee in February. She's now trying to learn English and works part-time for Surai Tea.
HALEY RITCHIE/METRO

BRIDGING CULTURES

How this Ottawa tea company is helping Syrian refugees adjust to Canadian life metroNEWS

Cost to cut trial wait times: $25M

JUSTICE SYSTEM

Attorney general to hire more judges, lawyers

Ontario will hire more judges, Crown attorneys, duty counsel and court staff to try to shorten the time it takes for criminal cases to get to trial and make sure people aren't awaiting those trials in jail if they don't need to be there.

Attorney General Yasir Naqvi also announced Thursday that three legal experts will provide him with advice as the ministry develops a new Crown policy on bail that will be released within six months. The announcements come with a $25-million price tag.

Naqvi said many accused held in correctional facilities are "vulnerable and are in need of support."

Naqvi announced that a bail verification and supervision program will be extended so that more low-risk accused can be granted bail. The program will be expanded to several weekend court locations, as well as greater eligibility.

And as part of the bail reforms, the government is launching a program to provide "bail beds" — supervised housing for accused people who may not have otherwise been granted bail because they have no fixed address — starting with a location in Thunder Bay.

A number of courts in the province already have bail vettors, Crown attorneys who give defence lawyers more timely and informed bail positions to facilitate faster decisions, and some of the overall investment is going toward placing more dedicated vettors at more high-volume bail court locations. Experienced duty counsel bail co-ordinators will also be placed at those locations, Naqvi announced.

Starting next year, duty counsel will be available in six jails so they can provide legal advice and prepare accused people for bail hearings.

The hiring announcement comes in the wake of a Supreme Court of Canada ruling last July that a reasonable delay to trial is 18 months for provincial cases and 30 months for cases before the superior court.

The Ontario Crown Attorneys Association recently estimated about 6,000 criminal cases could be stayed or withdrawn in the wake of the ruling.

Naqvi said 13 more provincial judges will be appointed, and Ontario will hire 32 more assistant Crown attorneys, 16 duty counsel and 26 court staff.

THE CANADIAN PRESS

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Your essential daily news

Dolly Parton sets up funding to help victims of wildfires in Tennessee. **World**

5 THINGS TO DO IN THE CITY THIS WEEKEND

It's finally December and we're not holding back on chances to see and enjoy the best of the holidays.

HALEY RITCHIE METRO

1 Alight at Night (all weekend)

Stroll through the "postcard" setting of Upper Canada Village this weekend, decked out with thousands of lights for the annual holiday spectacle. Victorian Santa will be visiting and available for photos from Dec. 2-23. Admission is $14 for adults and $10 for youth.

2 Howliday Pet Portraits (Saturday)

Get your furbabies into the holiday spirit on Saturday at Masters 'n Dogs in Westboro, from 10:30 a.m. to 4 p.m. Photographer Leslie Yeow will be taking photos of your pets with Santa, Photos are $15 and proceeds will go to the Ottawa Paw Pantry.

3 Santa Shuffle (Saturday)

On Saturday the Santa Shuffle — a 5K fun run and 1K Elf walk — takes place this weekend to help fundraise for the Salvation Army.

Registration opens at 8:30 a.m. in the Horticulture Building and the first run will take place at 10 a.m. Registration costs $30

4 Mayor's Christmas Celebration (Saturday)

Head to city hall Saturday from 2 p.m. to 6 p.m. for the mayor's annual Christmas party. The Rink of Dreams will open and there will be hot chocolate, BeaverTails, marshmallows, maple taffy and horse-drawn wagon rides. Admission is a non-perishable food donation to the Ottawa Food Bank.

5 Chanukah Ball 2016 (Saturday)

Hillel Ottawa is hosting its annual Chanukah Ball, a chance to dress up in your finest and celebrate the festival of lights. There will be drinks, food and a DJ. The event takes place at Eggspectation on Bank Street beginning at 9 p.m. on Saturday. Ticket prices are $15.

FUNDRAISING

Finance reform passes

Ontario politicians now have one month left to get in a last kick at the fundraising can before they are banned from attending such events.

Legislation that dramatically alters the political fundraising landscape in Ontario unanimously passed Thursday, including banning corporate and union donations and lowering individual donation limits.

Though all parties voted in favour of it, the leaders of the Progressive Conservatives and the NDP were quick to point out that the Liberals introduced the bill in the first place amid a cash-for-access scandal.

Under the new law, which comes into effect Jan. 1, members of provincial parliament, candidates, party leaders, nomination contestants, leadership contestants, chiefs of staff, premier's staff and other party leaders' staff are all banned from fundraisers.

Politicians could still, however, attend events where the ticket price only recovers the cost of hosting it, and solicit funds by mail, phone or email. That strikes NDP Leader Andrea Horwath as a significant loophole. "You ban MPPs, cabinet ministers, from doing that direct ask, if you will, at a fundraiser ... but you don't stop them from picking up the phone and having the exact same conversation," she said.

Progressive Conservative Leader Patrick Brown said on the whole it was a good bill bringing much-needed reforms, but banning politicians from fundraisers was overkill. THE CANADIAN PRESS

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Kevin Smiley, founder of SuraiTea, is flanked by intern **Justina Elias,** a marketing student, and **Nemeh Almajaresh,** a refugee from Syria who works part-time for the company selling tea.
HALEY RITCHIE/METRO

'We'll get there one tea at a time'

EMPLOYMENT

Ottawa tea startup hires Syrian refugees

Haley Ritchie
Metro | Ottawa

An Ottawa startup is employing Syrian refugees with a line of organic teas that incorporate jasmine, the symbolic flower of their homeland.

SuraiTea, founded by former University of Ottawa student Kevin Smiley, launched online last March. Since then the company has sold $17,000 worth of product and provided 380 working hours to refugees.

"It's a product that bridges cultures and language barriers," said Smiley.

Working for the company gives the refugees a chance to learn English, expand their networks and take their first step into the Canadian workforce.

SuraiTea is still a small company. Smiley said the company is able to provide around five people with part-time hours and bring more people in for packaging when they do a new run of product.

"People that get involved in it are grateful for the opportunity, so much so that they're very motivated to make it better and grow the company," said Smiley. "We'll get there one tea at a time."

Refugees brought to Canada by the federal government were promised one year of financial assistance. While many have found work, others continue to struggle with learning English and worry about supporting families.

"Hopefully we can take some of the pressure off the not-for-profits," said Smiley.

He said for some employees the work is a stepping stone until they can find something in their field. For others — like Husam Aldakhil — the business could be a future.

Aldakhil was in his final year of an economics degree at the University of Damascus when mortar and rocket attacks made it too dangerous to continue his studies. He's recently received Canadian university equivalency and plans to finish his degree.

Right now he is the company's executive assistant and brings with him a lot of knowledge about finance and accounting.

"My job at SuraiTea helped me to have an idea how things work in Canadian workplace because I'm coming from totally different country and workplaces are way different," said Aldakhil in an email interview.

"When the first employees were packaging the tea they didn't know the language and SuraiTea hired a translator," he said. "Now we noticed that some employees don't need a translator and they can sell using their English."

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Slow Braised Pot Roast Puttanesca

Ingredients

- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions

Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.

Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.

Serves 6 to 8

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PUBLIC HEALTH

Travel vaccines at drug stores

Ontario is expanding the number of vaccines available at pharmacies to include protection against an additional 13 preventable diseases.

Common travel vaccines for hepatitis A and B, typhoid, rabies, HPV and shingles will be available at pharmacies for anyone over age of five starting Dec. 15.

The vaccines can also help protect against yellow fever, varicella, Japanese encephalitis, heamophilus influenza type B, BCG, meningococcal disease and pneumococcal disease.

Not all vaccines require a prescription, so people can ask their pharmacist which ones they can provide at the drug store without first seeing a family doctor or primary care provider.

Pharmacists will also continue to deliver flu shots free of charge.

Health Minister Eric Hoskins says pharmacies are a convenient alternative to getting vaccines at a doctors' office or clinic, and are open evenings and weekends. THE CANADIAN PRESS

As of Dec. 15, you can get more shots at your local pharmacy. CP/AP/ TOBY TALBOT

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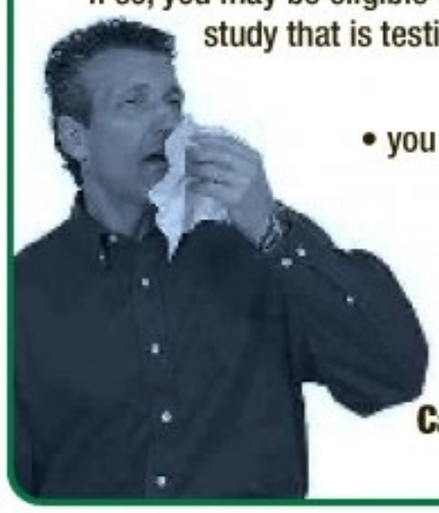

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Hospital tiff begins

EXPANSION

Experimental farm becomes battleground

Ryan Tumilty
Metro | Ottawa

Residents who want to see the Central Experimental Farm protected say they're not prepared to give up the debate because the Ottawa Hospital has rejected a site at Tunney's Pasture.

The National Capital Commission's decision last week to recommend Tunney's Pasture as the site for the new Civic campus has been contested almost since it was announced.

The hospital board rejected the site Tuesday and the Ottawa Heart Institute added their voice on Thursday, saying they plan to stay at the current site for 20 to 25 years and would prefer a new hospital close by.

The Ottawa Hospital initially secured a commitment for a piece of land on the farm from the previous Conservative government, but the Liberals asked the NCC to look at other sites when they came to power.

Mayor Jim Watson and a group of MP's and MPPs were set to hold a press conference about the debate on Friday morning.

Leslie Maitland, with the Coalition to Protect the Central Experimental Farm, said she believes the hospital has been too quick to reject Tunney's Pasture.

She points out Heritage Minister Mélanie Joly had not even received the NCC's report before the hospital rejected the idea.

"It's unfortunate the hospital chose to push back before the minister had even made the offer," she said. "Why not sit down and talk and see where this might go?"

Maitland said the hospital has made their case in public for wanting the farm, but those who want to keep it preserved won't back down either.

> **Why not sit down and talk and see where this might go?**
> Leslie Maitland

"I don't think they're going to cease advocating their position, nor are we."

Carleton MP Pierre Poilievre has launched a petition calling for the Liberals to go back to the original plan. He puts the blame for the current situation squarely with Environment Minister Catherine McKenna, who represents the area.

"The problem was solved. We had a location, a big open field right across the street," he said. "It was done and then a year ago almost to the day she came in and slammed on the brakes."

Reports Thursday suggested the government was considering the Sir John Carling site, at the eastern end of the farm, as a compromise location.

Poilievre said the hospital ranked that site lower than the spot across the street and moving there would be a purely political choice.

"I object to the idea that we should compromise our health care so Catherine McKenna can save face."

Joly said she was prepared to work with people on the problem.

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Confederation Line light rail transit tunnel. This is a view of what will be the Lyon Street Station. SEAN KILPATRICK/THE CANADIAN PRESS

AUDITOR

Farmers' markets are in a bit of a pickle

There have been problems with cash handling, wild swings in rent payment and a general lack of oversight by the city in its management of the Byward and Parkdale markets, the auditor has found.

The auditor general's office delivered the troubling assessment of the markets on Thursday, finding a slew of problems with how the markets operate.

"It appears that no accountability had been assigned," deputy auditor Sonia Brennan told councillors.

She also found the rent for the market's main building at 55 Byward Market has fluctuated dramatically because of a lease that allows deductions from the rent based on repairs.

This system allowed the tenant to play $211,000 in rent in 2015, but only $1,480 in 2012 because of improvements the tenant had made that year.

The city was warned in 2000 that the lease was too vague, but no changes were made.

The auditor also found that the market's revenues have been in steady decline for the last five years and that there is a need for a long-term business plan.

The city is looking to transition the markets to an arm's length municipal corporation and Court Curry, the city's point person on that plan, says this will help.

"The audit came at a great time for us, we are setting up a new model for the public markets," he said.

Curry said the issues identified around long-term plans should be addressed with the new corporation, which will come to councillors in February.

He said the issues around cash handling and more immediate problems were handled right away however, because the new market corporation won't take over until 2018.

RYAN TUMILTY/METRO

Councillor calls for audit

TRANSIT

Deans wants look at Phase 1 of light rail construction

Ryan Tumilty
Metro | Ottawa

Ottawa's auditor general has a lot on his plate next year – but a closer look at the biggest project the city has ever built isn't on the table. Now one city councillor wants to know why that is.

Coun. Diane Deans raised the issue Thursday at the city's audit committee, wondering why the auditor was not planning to conduct an audit of Pahse 1 of the Confederation Line project.

"I can think of no more pressing audit that the city should be doing than Phase 1 LRT," she said. "We have an obligation to understand the actual costs of Phase 1, because we don't know right now."

The cost for the line has been pegged at $2.1 billion, but Deans said council should have greater clarity on costs like land purchases.

"I have nothing bad to say about LRT," she said. "I just want to understand the costs."

Deans calls fell on deaf ears at council with no other councillor willing to put forward a motion to change the auditor's planned work schedule for next year to look at the LRT line.

The current plan calls for audits into the city's social housing registry, the road services branch, the security and emergency management department and several other areas.

Auditor general Ken Hughes committed to providing a memo to Deans about the cost of that kind of audit, but said he doesn't see a lot of risk in the LRT plan because it has an independent contractor and because the city's bidding process works well.

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What else?

Weed business blooming

TAKEOVER

Canopy to take over fellow pot firm Mettrum in $430M deal

Ottawa-area marijuana producer Canopy Growth Corp. is offering to buy Mettrum Health Corp. in a friendly all-stock deal valued at $430 million.

Mettrum shareholders will be entitled to receive 0.7132 of a common share of Canopy under the offer, which would create a company with six facilities licensed to produce medical marijuana products.

Canopy's offer values Mettrum shares at $8.42 — $2.50 above the closing stock price Wednesday.

Assuming the deal gets shareholder approvals at both companies, Mettrum will become a wholly owned subsidiary of Canopy and Mettrum shareholders will own about 22.3 per cent of the combined company.

Mettrum's board has agreed to pay Canopy a $10-million termination fee under certain circumstances if the deal doesn't go through. Canopy will also have the right to match a superior proposal from a rival buyer.

Canopy has grown into Canada's largest publicly traded cannabis company since the federal government revised the rules for producing and distributing marijuana for medical purposes. It's also is poised to sell so-called "lifestyle" or "recreational" pot if Ottawa moves to a legalize marijuana for non-medical use.

"Mettrum has established a line of cannabis products that work well in a medical context and will transition naturally into a natural and healthy lifestyle market," Canopy chairman and CEO Bruce Linton said in a statement Thursday.

The deal for Mettrum is Canopy's second acquisition this week.

On Monday, Canopy announced a deal to buy pharmaceutical distributor MedCann, which has placed the Canadian marijuana company's Tweed-branded cannabis strains in German pharmacies.

In a separate announcement, Mettrum said it plans to voluntarily add a small number of product lots to a voluntary recall announced on Nov. 1. It says some of the products were exposed to a plant spray with an undisclosed ingredient — a natural pesticide that Mettrum says has no impact on human health. THE CANADIAN PRESS

Marijuana plants are pictured during a tour of Canopy Growth Corp. in Smiths Falls, Ont. on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

$10M

Mettrum will pay a $10 million termination fee should the deal to take over Canopy fall through.

SANDY HILL

Officer seriously injured

An Ottawa police officer suffered a "serious injury" while she was trying to remove three women from a home in Sandy Hill.

Police say they received a call about a disturbance along the 100 block of Henderson Ave. When the officers arrived, the tenant asked several people to leave his unit. When the officers tried to get three women to leave, police say they became "combative" and assaulted one of the officers, causing a serious injury. Other officers arrived and took the three women into custody.

Police say they found illegal firearms and drugs inside the unit, including large quantities of cocaine and psilocybin, a small number of MDMA pills, as well as one rifle and one shotgun, along with ammunition for both.

Two female young offenders have been charged with aggravated assault on a police officer.

Caylie Thomas, 18, has been charged with one count of aggravated assault on a police officer. Paul Fisher, 18, has been charged with several firearms and drug-related offences. METRO

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Pepper spray is OK: Leitch

LEADERSHIP RACE

Tory candidate would legalize spray irritants for self-defence

Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kellie Leitch is calling for Canadians to have the right to bear-spray arms.

Leitch, who has staked her candidacy on a platform of "Canadian values," announced her intentions in a Facebook post Wednesday morning.

"As prime minister, I will amend the Criminal Code to make it legal for Canadians to possess mace and pepper spray for self-defence purposes," the Ontario MP wrote, adding that the measure is needed for women to fend off potential physical and sexual violence.

"Women should not be forced by the law to be victims of violence when there exist non-lethal means by which they can protect themselves."

An additional statement from Leitch's office clarified that self-defence is the only use of spray irritants she would make legal and that other purposes would be "prosecuted to the fullest extent possible."

Leitch's social media presence has ramped up in recent weeks after she reacted to Donald Trump's victory by saying the president-elect had an "exciting message" for Canadians.

Her platform shares a focus on immigration that helped propel Trump to victory in the U.S.

Among the policies she has called for are a face-to-face "values test" that would screen potential immigrants for their opinions on a range of human rights issues. Leitch has criticized the government's Syrian refugee settlement program, which she calls a "disaster."

She has also called for the complete dismantlement of the CBC and has come out firmly against pricing carbon.

MORE ON THE METRO APP

WORLD AIDS DAY RESEARCH TO GET FUNDING BOOST Prime Minister Justin Trudeau raises the World AIDS Day flag, as Minister of Health Jane Philpott looks on in Ottawa on Thursday. The federal government has pledged more support for the fight against AIDS, and Trudeau says he's confident the battle can be won. In marking World AIDS Day, Philpott also announced the government will spend another $3.5 million on AIDS research. That's on top of the $50 million per year Canada currently invests in HIV and AIDS research. JUSTIN TANG/THE CANADIAN PRESS

GOVERNMENT

Liberals backtrack on voting reforms

Liberal members of a special all-party committee on electoral reform are urging Prime Minister Justin Trudeau to break his 2015 promise to change Canada's voting system before the next federal election.

That remarkable call for inaction came Thursday even as opposition members of the committee joined forces to put pressure on Trudeau to keep the campaign commitment. In its long-awaited final report, the opposition-dominated committee recommended that the government design a new proportional voting system and hold a national referendum to gauge support.

It could all be done in time for the next election in October 2019, opposition MPs maintained. But NDP democratic reform critic Nathan Cullen acknowledged the "strange scenario" that seems to be developing, with the opposition "finding enough room for consensus to help the Liberals keep a Liberal promise and the Liberals not so interested in it anymore."

THE CANADIAN PRESS

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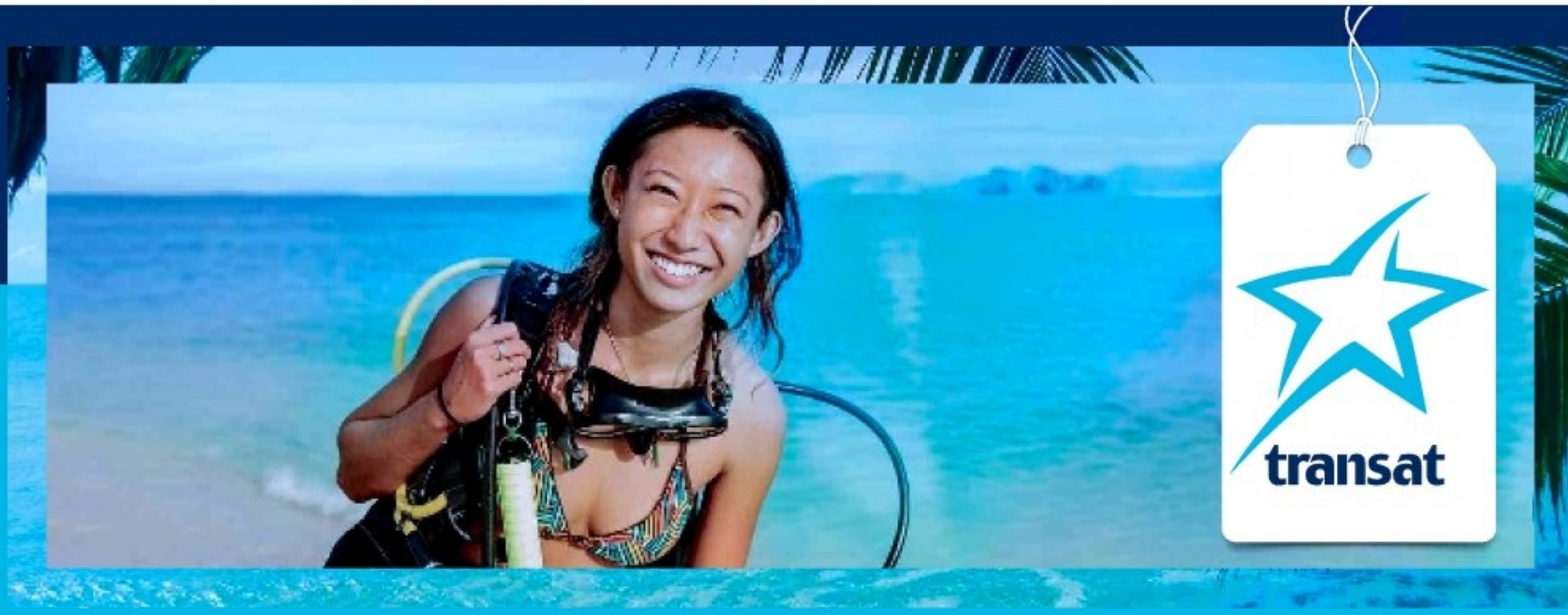

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ELECTION

Vote recount starts off in Wisconsin

The tedious task of recounting Wisconsin's nearly 3 million votes for president began Thursday with scores of hastily hired temporary workers flipping through stacks of ballots as observers watched their every move.

The action in Wisconsin could soon be duplicated in Michigan and Pennsylvania, where Green Party presidential candidate Jill Stein was pushing for recounts. Donald Trump narrowly beat Hillary Clinton in all three states, but recounts were not expected to flip nearly enough votes to change the outcome in any of the states.

The Wisconsin recount marked the first time in 16 years there was a candidate-driven recount of a presidential recount. But it does not carry the same drama as the Florida presidential recount of 2000, when the outcome of the election between Al Gore and George W. Bush hung in the balance.

"This is certainly not Bush v. Gore," said Wisconsin's chief elections administrator, Mike Haas.

Even so, the campaigns for Trump, Clinton and Stein all had observers spread throughout the state to watch the process. The recount will have to move quickly. The federal deadline to certify the vote to avoid having the fate of Wisconsin's 10 electoral votes decided by Congress is Dec. 13. Even if that were to happen, the votes would almost certainly go to Trump, since Republicans control both chambers of Congress.

Most counties will manually recount the ballots, although Stein lost a court challenge this week to force hand recounts everywhere. The state's largest county, Milwaukee, was recounting the ballots by feeding them through the same machines that counted them on election night. In Dane County, where Clinton won 71 per cent of the vote, the ballots were being counted by hand.

THE ASSOCIATED PRESS

Supporters hold Women for Trump signs at a campaign rally for Donald Trump on Nov. 7. AFP/GETTY IMAGES

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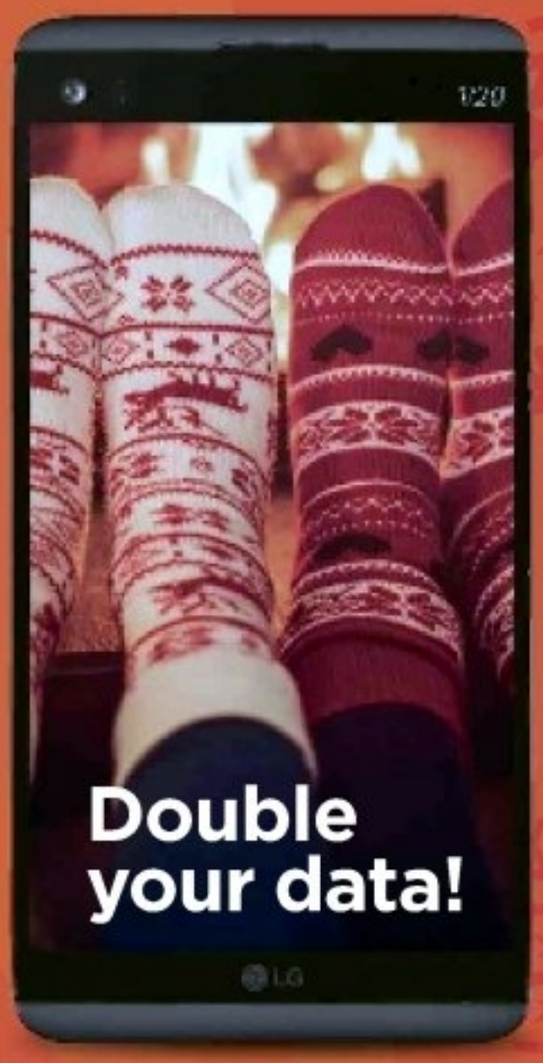

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Women in Trump's U.S.

How do you explain gender inequalities to people who refuse to believe they exist or don't think they matter?

ROSEMARY WESTWOOD
From the U.S.

When Hillary Clinton beat the drum of the woman card along the 2016 campaign trail — "Deal me in!" — it was the grandma joke that landed a little flat.

Fighting for women's equality and rights was a desperate need for many of her supporters, but as a punchline, the deck-of-cards analogy hardly blew your socks off. And for the majority of white American women who voted in Trump, it clearly didn't make the difference.

Kellyanne Conway, Trump's campaign-manager-turned-adviser, appears to now interpret Clinton's loss as proof that Trump isn't actually sexist or misogynist.

"All this anti-woman stuff," she said this week, after being asked at a Washington, D.C., event how she "rationalized" Trump's pussy-grabbing tape with the fact he's denied allegations of sexual assault. "And you know how America's women answered? They gave the would-be first female candidate, I don't know, what was it, 56 per cent of the vote, 57?" (Pew Research Centre has it at 54 per cent.)

"She should have gotten 60 or 62 per cent of the female vote," Conway continued. "And part of why she did not is women tired of the same argument and the same thing that you're presenting to me now, even though you're trying to be personally mean about it."

Conway is objectively right. Focuses on Trump's sexism and misogyny didn't give Clinton the win. The questioner had asked how Conway "rationalized" Trump "as a woman." Conway, and many women, answered, basically, screw you.

The problem for feminism — for the state of women under a Trump world order — is just how resolutely the appeal to women's interests failed to sway women's votes; just how readily sexism and misogyny is accepted by women as well as men. The election has offered an educational conundrum: How do you explain gender inequalities to people who refuse to believe they exist or — more worryingly — don't think they matter?

Some are appealing to Ivanka Trump, the top female surrogate for her father, in Instagram posts that begin "Dear Ivanka," and continue with pleas to support women's reproductive rights, fight HIV/AIDS, improve access to child care and tackle climate change.

In the reporting so far into who Ivanka is and what she believes, there's nothing to suggest she is substantially unlike her father. She appears just as policy-thin (her proposed child-care policy would do little for families most in need), corporate-driven (she's committed to running Trump's businesses despite a high-profile role in the transition team), and entitled (her memoir gives herself, and not her inherited wealth, all the credit).

Left-wing hopefuls seem to be reaching out to Ivanka — and not, say, her husband, Jared Kushner — purely in the misguided belief that her womanhood indicates a secret harbour of progressive views.

It's a conclusion as faulty as Clinton's faith in the woman card. And one that will do nothing to aid American feminism at the onset of a dark and demanding four years.

Tennessee wildfires see death toll rise

UNITED STATES

Authorities set up hotline for missing person reports

A burned-out business in Gatlinburg, Tenn. GETTY IMAGES

Crews discovered the remains of three more people as they searched the rubble of wildfires that torched hundreds of homes and businesses near the Great Smoky Mountains, bringing the death toll to 10, officials said Thursday.

Authorities set up a hotline for people to report missing friends and relatives, and after following up on dozens of leads, they said many of those people had been accounted for. They did not say whether they believe anyone else is still missing or may have died.

"I think it's fair to say that the search is winding down," Sevier County Mayor Larry Waters said.

He said the searches would likely be completed Friday.

Nearly 24 hours of rain on Wednesday helped dampen the wildfires, but fire officials struck a cautious tone, saying people shouldn't have a false sense of security because months of drought have left the ground bone-dry and wildfires can rekindle.

The trouble began Monday when a wildfire, likely caused by a person, spread from the Great Smoky Mountains National Park into the tourist city of Gatlinburg as hurricane-force winds toppled trees and power lines, blowing embers in all directions.

THE ASSOCIATED PRESS

Dolly Parton offers monthly money

Country music legend Dolly Parton says she's establishing a fund to help victims of the wildfires that burned hundreds of homes and businesses in the Great Smoky Mountains area and left seven dead.

She says The Dollywood Company and The Dollywood Foundation are establishing the My People Fund, which will provide $1,000 monthly to Sevier County families who lost their homes.

More than 14,000 people were evacuated from Gatlinburg on Monday night and many of them are still awaiting word of when they can get back in the city to see if they still have homes.

The flames reached the doorstep of Dollywood, the theme park named after Parton. The park was spared any significant damage and will reopen Friday.

Parton said she hopes the funds will help people get back on their feet. THE ASSOCIATED PRESS

To celebrate the opening of the Korean Cultural Centre in Canada, we invite you to attend an amazing "Uhee Nori" performance with family and friends on Saturday, December 17th, 2016

Uhee Nori is a modernized form of the performing arts. Created by Uhee, it reinterprets Korean traditional percussions and plays with creative musical techniques that are better suited to the modern age. The result is a magical and seemingly familiar experience of Korean traditional sounds! Since the performance is interactive, audience members can get involved - regardless of language!

This is a FREE event co-hosted by the Korean Cultural Centre and Korea Arts Management Service.

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Move over Great White: Canadian researchers discover that plentiful, microscopic diplonemids are crucial predators in the ocean ecosystem

DECODED by Genna Buck and Andrés Plana

WILL YOU LIVE TO 117? IT'S COMPLICATED

Everyone, at some point, was the youngest person on Earth. But only a tiny group get to be counted among the oldest — like Emma Morano, 117, of Italy, who was just crowned the longest-lived person on the planet. Supercentenarians like her (who live to 110+) are a bit of a medical mystery. **What gives the super-old their super-longevity? We don't know, but they do share a few common characteristics.**

Emma Morano, 117, says being single since 1938 kept her young

HOW THEY DO IT

Genes
Super-long life runs in families, but genetic sequencing has not shown exactly the genes involved. Half of people who live to 100 also have at least one parent, sibling or child who does.

Independence
As a rule, the later you get your first chronic illness or disability, the longer you live. Studies show very few supercentenarians get diabetes, heart disease, or cancer before their 90s. Most are independent at 95 and aren't frail until 105.

Biochemistry
People in their 100s have lower levels of proteins that indicate inflammation in their blood than peers in their 80s and 90s.

Staying sharp
Evidence is mixed, but it suggests dementia sets in later among those 110+. One small study of seniors 115 and up found six out of the seven subjects were able to carry out a meaningful conversation a few weeks before their death.

Personality
They've seen it all: Supercentenarians are better than average at dealing with stress, tend to be extroverts and have a sunny outlook on life.

A WORD FROM OTHER CONTENDERS

What is their formula?

Violet Brown, 116 (1900-) Jamaica
Being self-reliant, reading the Bible

Jeanne Calment, 122 (1875-1997) France
Chocolate, olive oil, being relaxed

Misao Okawa, 117 (1898-2015) Japan
Sushi, lots of sleep

Marie-Louise Meilleur, 117 (1880-1998) Canada
Wine, hard work

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FINDINGS
Your week in science

ISTOCK

THAT'S FRESH
Swiss researchers have found three new ways to preserve vaccine fluid at room temperature, making it easier to ship shots around the world: Add nanoparticles, an FDA-approved polymer, or (no kidding!) a solution made of table sugar.

SOUND SMART

DEFINITION
A **polymer** is a molecule made of smaller repeating units. Those with relatively large molecular mass — thanks to their many, many subunits — are often stretchy, unstructured and durable: handy properties in glues and plastics.

USE IT IN A SENTENCE
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THE APOLOGY

Filmmaker shares stories of kidnapped war victims

Steve Gow
For Metro Canada

Grandma Adela makes a difficult phone call to her son Eric in The Apology. The documentary focuses on the stories of three former "comfort women" who were kidnapped and forced into sexual slavery by the Imperial Japanese Army. CONTRIBUTED

"There was this sense of urgency from the moment we started that this story needs to be told."
Filmmaker Tiffany Hsuing

'Silence is a cycle' for sexual slavery victims

It's difficult to imagine, but even 70 years after the end of the Second World War, there are still women fighting for a simple acknowledgement of the torture and abuse they endured during the hostility.

In the new documentary The Apology, Toronto filmmaker Tiffany Hsuing meets three grandmothers who uncover their experiences as "comfort women" — the so-called name for 200,000 girls who were kidnapped and forced into sexual slavery by the Imperial Japanese Army — an atrocity that is barely recognized by the Japanese government to this day.

"Silence is a cycle. It gets passed down from generation to generation," explained Hsuing about the stigma that oppressed comfort women for decades until South Korean organizations began prodding Japanese officials in the 1980s.

"This happened well before the grandmothers — this was a choice that it was better to stay quiet; to hold on to this yourself than to ever speak about it," said Hsuing. "We should feel that we live in a society where this is okay to share and to talk about."

Although focused on the stories of three former comfort women, Hsuing hopes her seven-year production also resonates for younger audiences. To accomplish that feat, she attempted to play down historical documentation in lieu of the grandmothers' contemporary quest for formal recognition and acceptance of the tragedy.

"Sexual slavery is still going on in countries where war is happening but human trafficking (is) happening right in our own backyard here in Canada," said Hsuing of the film's relevance. "Sexual violence is here amongst us and survivors are still trying to come out with their stories."

Hsuing references the recent Jian Ghomeshi case or Bill Cosby's sexual assault suit to exemplify the pressure for survivors to stay silent. Indeed, The Apology may target a black mark from the 1940s, but its message is clearly prescient today.

"We play a role in perpetuating that shame and perpetuating that silence, so yes, this film aims to encourage and empower the younger generation to speak out of their own experience," said Hsuing. "But also to encourage our society — how do we support survivors, people who have gone through sexual violence, and create a space where they don't feel shame?"

Tatiana Maslany and Tom Cullen in The Other Half. COURTESY MONGREL MEDIA.

IN FOCUS

Spend your cash on worthwhile films instead of sequels

Richard Crouse
For Metro Canada

This weekend, for the first time all year, none of the new films on release have a number or a colon in the title.

That means no sequels, prequels or reboots cluttering up screens. Hollywood hasn't suddenly decided to change their tactic of squeezing every dime out of every tried-and-true concept in their back catalogue.

Nope, it's because after American Thanksgiving, one of the biggest movie times of the year, the studios figure everyone ate too much turkey to bother going to the movies this week.

That means we have smaller, not-ever-likely-to-be-sequelized movies like Lovesick, Antibirth and The Other Half on offer.

All, depending on your taste, are worth your dollar and each ticket bought sends a message that moviegoers won't be content with constant rehashes of stories we already know.

Recently a tentative deal to make Bad Boys 3 and 4 was announced. While the prospect of a third and fourth movie in that decades old series is about as welcome as a plantar wart, we did this to ourselves by supporting endlessly repackaged stories and ideas.

Hollywood wouldn't spend the time or effort to make photocopy quality sequels if we didn't line up to see them, so why not use your buying power to demand better movies? Read these easy-to-follow rules for sequel avoidance:

1. Generally speaking, shun movies with numbers in the titles. This sounds straightforward, but movies like One Flew Over the Cuckoo's Nest, Three Days of the Condor, 8½, and The Seven Samurai muddy the waters.

By all means go see or stream those, but when choosing a movie beware of titles containing colons (Lawnmower Man 2: Beyond Cyberspace), the word "part" (Friday the 13th Part 3: 3D), unless of course it's The Godfather Part II, a subtitle like "This Time It's Personal" (Sister Act: Back in the Habit), roman numerals (Superman IV: The Quest For Peace) or any combination of the above (Friday the 13th Part VIII: Jason Takes Manhattan).

Other trouble spots include titles containing the words "Beginning" (Psycho IV: The Beginning), "Bride" (Bride of Chucky), "Return" (Return to the Blue Lagoon), "Vs." (Gamera vs. Jiger), "Boogaloo" (Breakin' 2: Electric Boogaloo) or "Revenge" (Jaws: The Revenge).

2. Worse than numbered sequels are movies which substitute a homophonous word for the number (Look Who's Talking Too, Teen Wolf Too).

3. Avoid movies that recycle ideas while simply changing the tense of the movie title. Examples? What was funny in Analyze This became less so in Analyze That and there is a reason I Still Know What You Did Last Summer sits at a 7 per cent approval rating on Rotten Tomatoes.

4. And finally, as a matter of principle, steer clear of any movie in which Ben Stiller plays supermodel Derek Zoolander.

Of course I'm joking — except about Zoolander. Any movie that subtitles itself with "No. 2" is really asking for it.

Go see whatever you want, but keep in mind when supporting bad movies the joke is on us. It feeds the notion that audiences are as creatively bankrupt as the studios. Not so.

If you are given a steady diet of dog food, pretty soon you get a taste for Alpo, but if occasionally you have something better, soon enough you'll crave foie gras. Sequels are the dog food of the movie industry. Don't let them force feed you.

MOVIE RATINGS by Richard Crouse

The Other Half	★★★★
Lovesick	★★★
Antibirth	★★

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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When Harry met RiRi

Prince Harry watches as Rihanna gets her blood sample taken for a live HIV test in order to promote widespread testing on World AIDS Day, Dec. 1. The Prince also took a test during the visit to Barbados, marking the nation's independence. GETTY IMAGES

CELEBRITY

The Prince joins Rihanna in her beloved island nation

Prince Harry joined Rihanna in celebrating 50 years of independence for her native Barbados.

The prince, visiting the sixth of seven nations on a two-week Caribbean tour, and the singer shared the stage Wednesday night with the prime minister during a concert and dance performance marking the date the island broke away from Britain.

Harry read a message from the Queen congratulating Barbados and saying that the island should be "rightfully proud" of a vibrant culture and natural beauty. He spoke before a crowd of about 20,000 people at the Kensington Oval cricket ground.

He also encouraged residents to work together to confront challenges such as climate change and the effects of technology on the job market.

"The solutions to these challenges will not come from anyone else. The answers must come from you," he said. "Good things happen to good people. Believe you can make change, and if you lead by example, others will follow."

Earlier, Rihanna and Harry met at the airport, and then marked World AIDS Day by visiting an HIV clinic in Bridgetown and being tested for the disease. The prince took a public HIV test this summer as part of a campaign to raise public awareness.

"I want to say to everyone who hasn't been tested: Get tested, regardless of who you are, your background, culture or religion," he said while visiting the clinic in the capital of Barbados.

Harry is on a two-week tour of the Caribbean that is also a celebration of the 90th birthday of his grandmother the queen.

He will stop next in Guyana, where he is expected to make a trip to the rainforest, meet with President David Granger and place a wreath at a memorial to that country's independence. THE ASSOCIATED PRESS

JOHN LEGEND

Moved to tears by Right by You

John Legend's favourite track off his new album, Darkness and Light, was written for a very special lady: His seven-month-old daughter, Luna.

"When I played it for her and Chrissy for the first time, I just started crying because it felt so real to me and felt so appropriate for how I feel as a new father," Legend said of the melancholy ballad titled Right by You (For Luna).

The Grammy-winning singer welcomed his first child with wife Chrissy Teigen in April.

In Right by You Legend ponders the kind of person his daughter will become.

"New parents have questions more than they have answers and that's what we wanted the song to reflect," Legend, 37, said. "You know, will you live like me? Will you look like me? Will you have your mother's fire? Will you think like me?"

John Legend.
THE ASSOCIATED PRESS

The Hollywood couple's passionate love story permeates Legend's fifth studio album, out Friday. It's his first album in three years, following the massive success of the No. 1 hit, All of Me, and Oscar and Grammy wins for Glory from the film Selma.

"The theme of Darkness and Light is — it's that idea that there is trouble in the world, there is darkness, there is uncertainty, but we have light. We have love in our lives that we can hold on to," he said.

He also hopes his passion for social justice translates to one fan in particular — his daughter. THE ASSOCIATED PRESS

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Canada

Whip up a winter wonderland

HOLIDAY STYLE

Outdoor decor ideas for big and small spaces

Tara Nolan

There is a different feeling that comes when decorating outside for the holidays.

For one, you don't have to worry about keeping anything alive as you do through the spring, summer and fall — and there are more lights involved.

But perhaps it's that sense of nostalgia, whimsy and tradition that adds a little magic to outdoor decor plans at this time of year.

Whether you have a grand front entrance or a balcony, here are a few ideas for this year's holiday display.

Outdoor colour combos

You can't really escape the reds and greens at this time of year. However garden designer Crystal Godfrey of Secret Gardens by Crystal says she has been seeing a classic, minimalistic feel grow in popularity. She says her clients want to simplify their Christmas decor, perhaps to offset their busy, hectic lives and the stresses the holidays can bring. This means "cabin in the woods," natural hues, such as browns, beiges, greens and just a hint of red. "We try to add extra interest with varied evergreen colours and textures, interesting branches and berries, with simple white mini lights and some textiles, like burlap or plaid ribbon," she explained.

A traditional holiday look. RONA HOME & GARDEN

On the other hand, the Hubbards, Nova Scotia-based green thumb has seen an opposing trend: "Basic blacks, mixed with super bright greens and reds — it kind of reminds me of a 'Grinch that stole Christmas' look," she said. "It's totally fun."

Outdoor lighting

While string lights are still a quintessential look, you'll find a few other innovative options on store shelves. Net lights are a great way to get even, overall coverage on a small tree or shrub. And LEDs have evolved to the point where you can control them with your cell phone. At Home Depot, for example, you'll find AppLights, which allow you to tailor your light show with different colours and effects.

"Warm white lights remain the most popular, but we use coloured lighting where the design calls for it and it is especially popular with children," said Godfrey, who likes to put spotlights in pots to light up interesting branches.

Outdoor arrangements

There are so many options for outdoor arrangements these days. You can get creative and assemble one yourself, buy a pre-made arrangement or really simplify things and buy a faux potted, pre-lit Christmas tree or topiary, such as the ones being displayed at Rona this holiday season.

"I like to use a combination of live evergreen shrub with boughs, branches and berries," said Godfrey. "After the holidays are over, the boughs can be removed, leaving just the living shrub, which can be left in the pot for the duration of the winter for extended interest."

Outdoor accessories

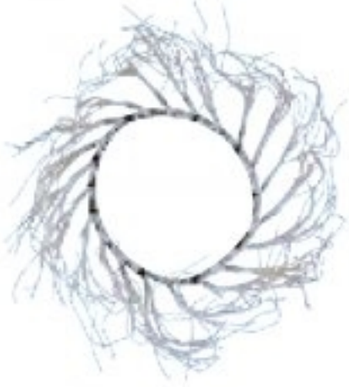
Wreath designs run the gamut from the traditional evergreen look — whether it's alive or plastic pre-strung with lights — to a more minimalist feeling. Indigo has a pre-lit birch wreath in its holiday decor roster, one that could probably remain hung well past the holidays.

An evergreen container by Crystal Godfrey of Secret Gardens by Crystal. CRYSTAL GODFREY

Simple items, such as lanterns, can be placed on a stoop or balcony. Godfrey uses battery-operated candles to her displays to add warmth and charm.

Garland can also be au naturel or faux, like the one created by GlucksteinHome for The Bay that is adorned with mini lights, apples, berries and pinecones. "I have a wonderful gal that I rely on to make the basic garland for me," said Godfrey. "We then add in assorted colourful evergreens, berries, cones and other ornaments to fill it out and to help continue a chosen theme — we do the same with the wreaths and we make our own swags."

And chalkboard signs have become a popular item. Godfrey says you can change up your greeting throughout the holidays. What a great way to welcome guests!



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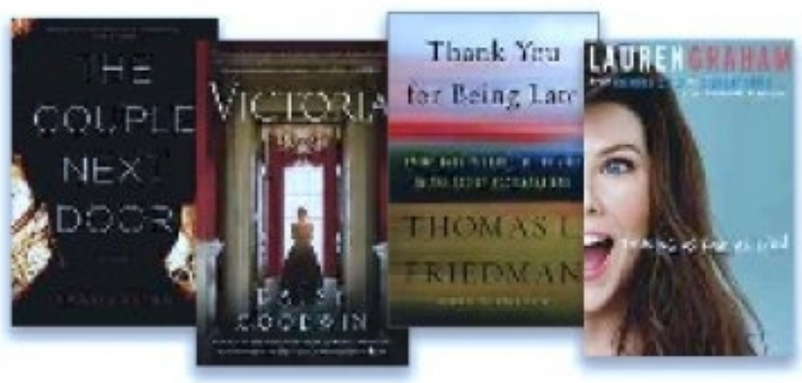

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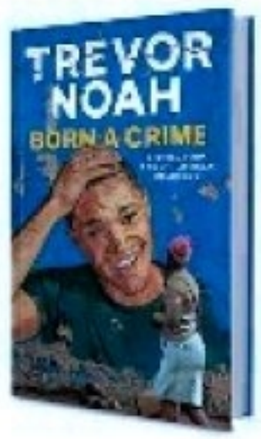

The host of The Daily Show's touching and hilarious look at growing up in Apartheid South Africa.

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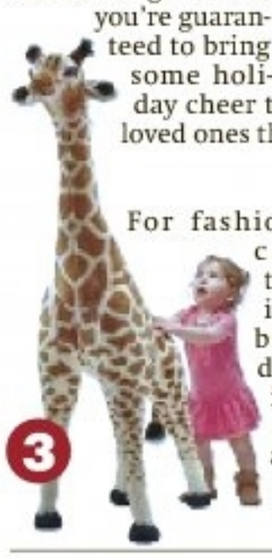
Add a little bit of oddball this year

Tanya Enberg

Know somebody who's hard to buy for? Don't sweat it! With these weird and wonderful gift ideas, you're guaranteed to bring some holiday cheer to loved ones this year.



For fashionistas comes the iconic Barbie doll dressed in classic Canadian style, with a striped HBC coat, pencil skirt, chic ankle boots, smart accessories, and a dapper pet poodle named Hudson. The Limited Edition **Hudson's Bay Collection Barbie**, *$59.99, at Thebay.com.*

Brighten up the stocking mix with these hilarious **Emoji USB Chargers**, *$24.99 at Winners.*

Not sure what to get the cat lover who has everything? Struggle no more. This **cat artwork** says it all. *$19.99 at HomeSense.*

Just when you thought you wouldn't find the perfect present for the little mermaid on your list ... voila! **The Snuggie Tails Mermaid blanket** has them covered — literally. *$29.99 at ShopatShowcaseCanada.com.*

Cheer up a crabby Grinch with a **multi-tool crab** that just wants to lend a helping claw. *$24.50, at Kikkerland.com.*

Bring the festivities into the bathroom with **Retro Festive Santa toilet paper**, featuring Santa doing his business. Ideal for anyone with generally crappy washroom decor. *$9.99 at retrofestive.ca.*

Friends and family are certain to feel the love and warmth with the cozy **Hudson's Bay Olympic Collection Polarfleece Travel Blanket**. *$50 at Thebay.com.*

Who couldn't use some inspiration with their morning coffee? **The Expression Mug** — Take courage, dear heart, little by little one walks far — will do the trick. $15 *at Indigo.ca.*

Come now, who wouldn't want a massive stuffed giraffe in their house? Your gift list is now complete. You're welcome. **Giant plush giraffe**, *$69.99 at HomeSense.*

When a ski getaway in the Canadian mountains just isn't in the cards, the **Lake Louise Breeze mini tin scented candle** may just have to do. Imaginations required. *$10 at Indigo.ca.*

1 Retro Festive Santa toilet paper
2 Lake Louise Breeze mini tin scented candle
3 Giant plush giraffe
4 Cat artwork
5 The Snuggie Tails Mermaid blanket
6 Hudson's Bay Olympic Collection Polarfleece Travel Blanket
7 Emoji USB Chargers
8 Kikkerland's Multi-tool crab
9 Indigo's Expression Mug
10 Hudson's Bay Collection Barbie

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Checking off the virtual shopping list

ON THE WEB

Online shopping is making us choosier gift givers

Vicky Sanderson

Maybe it's because you can buy just about anything online now — including a bed in a box — but Canada Post says 76 per cent of Canadians will shop online this year, up from 51 per cent in 2010.

Gift buying will most certainly be a factor in that jump, says Camille Kowalewski, head of communications for eBay Canada.

EBay alone, notes Kowalewski, is home to some one billion products. So there's no excuse, she insists, for not coming up with the perfect gift, and for not doing so without necessarily throwing about loads of cash.

"The trend is towards giving a gift that's more thoughtful rather than convenient or expensive," she said.

That might mean buying a sibling a nostalgic toy, such as a set of Gumby figures (about $35 on eBay), and also easily found at one of the other online shopping giants, such as Amazon.

Thoughtful gifting will increasingly mean an "experience," says Cameron Papp, communications manager for StubHub, a global, virtual marketplace that connects buyers with tickets to concerts, sporting and special events.

His market research suggests 75 per cent of people would prefer an experience over something tangible, and 30 per cent would take a concert over a gift certificate to their favourite store. That number jumps to 75 per cent for people aged 18 to 25.

Demand for live music is on the rise, says Papp. In 2017, that could include concerts by such artists as The Weeknd or the Red Hot Chili Peppers.

Customization is popular among home decor and design gifts, says Erin Green, managing director of Etsy Canada, who suggests a gift with "a monogram or a mug with a custom illustration or initial that says it's just for that person." Other home decor on the site includes pretty agate coasters and one-of-a-kind magazine racks.

In a win-win shopping situation, Aeroplan members can gain travel miles as they shop with popular participating retailers. Some offer card holders special deals and promotions that earn them even more miles.

Home-related products, such as Dyson vacuum cleaners, sell well, says Francine Sternthal, director of product development at Aeroplan, as does Sonos, a wireless music system that lets you play any song stored in iTunes, Internet radio stations, and online services like Pandora, Spotify, Rdio, and Google Play, anywhere in the house.

Gifts that last the whole year through are now a thing, says Aubrey Podolsky, director of strategy for brand design company Pigeon, pointing to True North Delivery Co., which will send what is essentially a box of Canadian junk food just about anywhere in the world.

"Because it's monthly, they know you are thinking of them all year, which makes it even more special," Podolsky said.

If a delivery from a wine club is more to your pal's taste, consider a service such as the Calgary-based Wine Collective where $80 buys a gift set of two bottles sent across Canada, while sending four bottles a month for a year is around $1,030. (There are many price points in between.)

Many independent bricks retailers now do business online, including the Montreal-based VdeV Maison, which sells "vintage and industrial style" home decor and furniture and Au Lit Fine Linens, purveyors of beautiful bed linens. For affordable pillows (about $60) and quirky vintage posters ($18 each), check out Vancouver-based Cartolina.

There's also a plethora of do good/feel good online shopping options. Gifting, for example, a set of Capiz Shell Coasters ($75) to someone supports the work of World Vision, while bolstering the economic independence of the Filipino artisans who make them.

A fair-trade basket from Ten Thousand Villages is practical, handsome and, with many less than $20, also affordable.

ONLINE PRO

Online shopping may be fast, convenient and satisfying. It's still shopping, says eBay's Camille Kowalewski. So "you ask all the same questions you'd ask about a store you walk into," including, info on delivery and return, shipping costs and exchange rates.

Just because it's online doesn't mean you can leave all shopping to the last minute. The closer it gets to the date you want the present to drop, the shorter the distance between seller and recipient should be. Use geographic filters to help. You can also shop local; for example, on eBay Australia, for friends down under.

CLOCKWISE, FROM TOP LEFT: GIRAFFE COASTER, WORLDVISION.CA; DANI BARBE AGATE COASTERS ETSY.CA; DYSON VACUUM, AEROPLAN.COM/ESTORE; SONOS MUSIC SYSTEM, AEROPLAN.COM/ESTORE; LISA TERRY COPPER VINYL RACK AEROPLAN.COM/ESTORE; TEN THOUSAND VILLAGES BASKET, TENTHOUSANDVILLAGES.CA.

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Tastiest subscriptions for foodies

SOMETHING FOR EVERYONE

Why not give a delicious gift that will satisfy year round

Tina Anson Mine

Don't dial up a tired basket of nibbles or a fruit bouquet for the hard-to-shop-for people on your list. Today, gift subscriptions to food and beverage clubs of all kinds abound, with flexible terms, varied price points and an array of delicious options. The subscriptions below are all sent from within Canada (no annoying customs fees) and include shipping unless otherwise noted.

For the meat lover

Carnivore Club (carnivoreclub.co) is billed as "the world's first curated cured meat-of-the-month club." You can send a single themed box of classic artisanal charcuterie for $55, or opt for a monthly, bimonthly or quarterly shipment for $50 each. For the holidays, try the exotic meat crate for $85; it's packed with salami, bresaola and more, made from water buffalo, alligator and other rare meats.

For the healthy snacker

Munch Better (munchbetter.ca) serves up small-batch, nutritionist-approved bites, such as trail mix and energy bars, that are great for home or the office. A single box is $28, the ultimate box is $40 and a three-month subscription is $84.

Naked Snacks (nakedsnacks.ca) delivers nuts, dried fruits and all-natural nibbles; a single box is $32, a three-month subscription is $89.85 and a six-month subscription is $177.

For the craft beer drinker

Based in Calgary, the Canada Craft Club (canadacraftclub.ca) hooks up recipients with craft beers from around the globe. Choose from Craft Curious (two varieties, $43.95 per month), Craft Fan (four varieties, $66.95 per month) and Craft Geek (six varieties, $101.95 per month) subscriptions. Each bottle contains 650 or 750 mL of beer and comes with tasting notes. Membership renews automatically. Or choose from an assortment of holiday subscriptions from $59.99 up to $999.96.

Gift subscriptions for food and beverages come in all sizes and prices making them perfect as holiday presents. ISTOCK

For the tea sipper

Give the gift of calm with a monthly delivery of three loose teas from myteabox.ca. Selections are seasonal and may include black or green teas, rooibos and/or herbal blends.

Choose from an auto-renewing option ($24.99 per month) or prepaid three-month ($74.97), six-month ($149.94) or 12-month ($299.88) subscriptions.

For the cheese head

Cheesyplace.com offers domestic and imported artisan cheeses. Choose a prepaid one-month package ($74.95) or an auto-renewing membership ($69.70 per month). Or select a three- six- or 12-month subscription for a similar price per month. Cheeses are vacuum-sealed, and shipping (not included) is expedited to ensure freshness.

For the wine aficionado

My Wine Canada (mywinecanada.com/wine-club) offers two-bottle ($69 per month) or three-bottle ($99 per month) subscriptions. You can choose red, white or a mix of both, all produced by wineries across Canada. Tasting notes encourage learning as you sip. Subscriptions auto-renew, but you can cancel with 10 business days' notice.

For the candy lover

Candy.ca delivers monthly boxes packed with five to seven different candies (weighing three or more pounds total!), in tastes ranging from sweet to spicy to fruity to salty. An auto-renewing plan is $29.95 per month, or you can pay up front for a three-month ($28.95 per month) or six-month ($26.95 per month) subscription. Shipping costs an additional $11.99 per box.

For the spice lover

Cardamom & Cloves (cardamomandcloves.com/monthly-spice-subscription) offers super-reasonable monthly deliveries of three packets of fresh spices. Recipes are included or offered through its blog, and each delivery makes about three seasonal dishes. One-month ($9), three-month ($25), six-month ($45) and 12-month ($85) options are available, and you pay a one-time shipping fee up front.

metro TRAVEL
Your essential daily news

Based on geotag data, Niagara Falls is the most Instagrammed location in Canada for 2016

5 THINGS TO DO IN TREMBLANT (BESIDES SKIING)

Along with premiere views and food, Mont-Tremblant offers you a variety of outdoor adventures, and ways to kick-back. From relaxing in a beer garden to hitting the water circuits, it's a natural paradise in any season. Here are five things to do: **LAUREN MILLER/FOR TORSTAR NEWS SERVICE**

1 Ride the luge

You can experience the rush that comes from hurtling down the side of a mountain at top speed, even when there's no snow, if you ride the Skyline Luge at Mont-Tremblant. While the ride may seem geared to kids, no one can resist cracking a smile while navigating the twisting course in a luge cart. Helmets, carts and patient and informative staff are on hand.

2 Enjoy a local brew

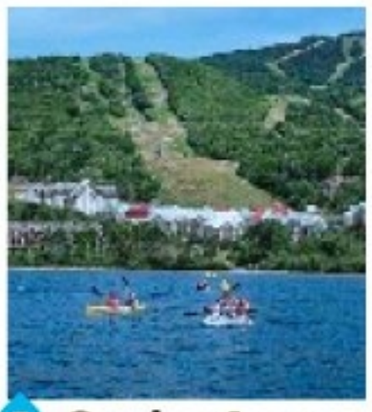
Head to the outdoor patio at the Microbrasserie La Diable at Mont-Tremblant, where you can admire the view of the old Tremblant village. This casual, timber-roofed brewery has hints of German inspiration in its décor, and it serves 100 per cent natural craft beer. It's also the first microbrewery ever opened in the Laurentians.

3 Hit the village shops

Take some time to enjoy the charm of the village and peruse some of the many quaint shops that line the cobbled streets. You'll find big-box favourites, such as Burton and David's Tea, as well as small galleries full of local art and handmade gifts. You should also probably treat yourself to an authentic BeaverTails pastry.

4 Detoxify

Head to the Scandinave Spa, where you'll be able to detoxify and relax in a circuit of outdoor saltwater hot tubs, eucalyptus steam rooms and hammocks strung between evergreens. Combine the circuits with a Swedish massage for even more calming bliss. It's a busy spot, so book your visit ahead of time.



5 Cruise Lac Tremblant

Enjoy the views of the mountain from below and above, with a boat rental. You can sail around the 12-kilometre long lake on a pontoon, tin or inflatable boat, and take in the incredible views of the surrounding rolling hills and gorgeous cottages. The lake is also home to a number of small islands.

Meeting the elephants of Thailand

SOUTHEAST ASIA

Bigger-picture initiatives protect animals

Renée Suen
For Torstar News Service

Elephants YinLuck and Kumpun feast on the jungle foliage at the Golden Triangle Elephant Camp's expansive 160-acre grounds. Elephants require about 250 kilograms of food a day.
RENÉE SUEN/TORSTAR NEWS SERVICE

Before she turned four, YinLuck had already been begging on the streets of Southern Thailand. Like other elephants, she might have gone on to work at a circus had she not been rescued by the Golden Triangle Asian Elephant Foundation.

Elephant husbandry in Southeast Asia is a contentious topic. Asian elephants play a part in ceremonial and religious traditions, and mahout (caretaker) culture demands certain families own elephants.

Due to a decline in trade, elephants and their mahouts are now competing for fewer jobs, often for longer hours, and at lower pay. Since the large vegetarians are expensive to keep, mahouts are forced to find alternative employment.

In the city, elephants face a life of inadequate nutrition, poor health from pollution, and the threat of being hit by cars. In illegal logging camps, elephants are overworked and underfed.

A recent surge in ecotourism may be the best opportunity for the majority of Thailand's 4,000 captive elephants and the communities whose livelihoods are dependent on them. But concern over trekking conditions (overworked, improperly carrying unsafe loads), and frequent reports of abuse and the illegal capture of young elephants from wild herds to supply the tourism or entertainment industries, is unsettling.

John Roberts, director of elephants at Anantara Golden Triangle Elephant Camp & Resort and founder of the Golden Triangle Asian Elephant Foundation, says education is the best way to aid species conservation. "You can't stop over 4,000 years of tradition when the biggest asset that feeds these families is their elephant. So try to help through the tourism perspective, while giving mahouts the tools and opportunity to treat their elephants well."

Via the foundation's forward-thinking initiatives, the mahout community can sustain its needs and preserve its culture. Funded by luxury hotel chain Anantara, parent company Minor International, Four Seasons Tented Camp Golden Triangle, and guest donations, a camp has been set up like a village, with elephant stables and lodgings. The families receive health care, schooling, and support for wives' silk-making enterprise. Mahouts are taught positive Western reinforcement techniques that refine their traditional methods, with protocols that give elephants the appropriate care, protection, treatment and security.

Outside the camp, the foundation is also reclaiming agricultural land through reforestation, protecting corridors of elephant traffic, and developing methods to eventually safely release captive elephants into the wild.

Guests can experience safe and ethical activities, from walking with the giants — a gentle, minimally imposing means to enjoy the company of the majestic creatures, to dining alongside baby elephants. There's also a full-day mahout training experience, and a morning elephant yoga class I had erroneously thought of as a cute side-by-side workout, but actually involved up-dogging on the mammal's neck.

Roberts says that done properly, the elephants aren't bothered by the activity. Still, for my own peace of mind, I chose to admire them from afar.

Renée S. Suen was hosted by the Tourism Authority of Thailand and a guest at Anantara Golden Triangle Elephant Camp & Resort, which didn't review or approve this story.

WHY SANCTUARIES?

Thai elephants can't simply be released back into the wild: besides a loss of habitat and fragmentation due to urban growth, there are also dangers with ivory poaching and run-ins with humans.

Follow presidents to Palm Beach

FLORIDA

Area a golf favourite for both Kennedy and Trump

Brian Kendall
For Metro Canada

Located in the heart of Old Palm Beach, every golfer should head to The Breakers — whether they're a president or not. HANDOUT

Following the January inauguration of Donald Trump, glamorous Palm Beach will once again become the preferred wintertime retreat of a golf-loving United States president.

John F. Kennedy could often be seen teeing it up on the Ocean Course at The Breakers, the towering Italian Renaissance-inspired luxury hotel that has been the focus of Palm Beach society for more than a century.

During his presidency, the Spanish-style Kennedy family compound at 1095 N. Ocean Blvd. served as the unofficial Winter White House.

Trump enjoys even fancier digs. In 1985, he purchased Marjorie Merriweather Post's fabulous Mar-a-Lago estate and turned it into a members-only club. The president-elect, a low-handicap golfer who owns or operates 17 golf clubs around the world, plays his rounds at nearby Trump International Golf Club.

Old Palm Beach is the historic heart of Palm Beach County, stretching from Jupiter in the north to Boca Raton in the south.

The county, the largest south-east of the Mississippi River, is home to more than 165 courses, including several of the top resort tracks in the South.

Sharing the same address as the PGA of America in the upscale enclave of West Palm Beach, about 20 minutes north of Palm Beach, is PGA National Resort and Spa, the scene of numerous past championships, including the 1983 Ryder Cup and the 1987 PGA Championship.

The headliner of the resort's five courses is the Champion Course, a superb Jack Nicklaus design that will host the PGA Tour's annual Honda Classic, Feb. 23 to 26.

> Every visitor should spend at least a few hours in Old Palm Beach, marvelling at the Mediterranean-style waterfront mansions along Billionaire's Row.

PGA National's major rival among Palm Beach County's golf resorts is Boca Raton Resort and Club, a Spanish-Moorish beachfront palace designed in the 1920s by visionary architect Addison Mizner, famous as the creator of the Palm Beach Style. The property's original William Flynn-designed layout, the Resort Course, is sneakily difficult, with rapid elevation changes and numerous water features. A far stiffer test is the Country Club Course, a Joe Lee design located a short drive from the resort.

Mizner's imprint is seen everywhere in Palm Beach County, but especially in Old Palm Beach where he designed opulent waterfront mansions for the Rockefellers, Du Ponts, Vanderbilts and other American royalty.

He took his inspiration from the medieval buildings of the Mediterranean, flamboyantly including courtyards and arcades in his designs to let his clients better enjoy the balmy Florida weather.

Every visitor should spend at least a few hours in Old Palm Beach, marvelling at the Mediterranean-style waterfront mansions along Billionaire's Row and exploring the chic boutiques that line Worth Avenue and its gracefully colonnaded corridors — Via Mizner, Via Prigi, Via Roma.

Equally essential for golfers is a tee off on the Ocean Course at The Breakers in the heart of Old Palm Beach.

Reputed to be Florida's first 18-hole layout when it opened in 1897, the Ocean Course sparked the game's rapid growth throughout Palm Beach County, a winter tourist destination still justly touted as "Florida's Golf Capital."

For more travel golf stories, visit Brian's website at canadiangolftraveller.com

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metro SPORT

Major League Baseball and its players' union have reportedly agreed to ban smokeless tobacco for all new big leaguers

Tiger quickly fades in return to links

GOLF

Woods' strong front nine overshadowed by poor finish

Not only did Tiger Woods return to golf Thursday, he returned to being Tiger.

Just not for long.

Hardly looking like a player who had not competed in 466 days, Woods ran off three straight birdies with a variety of shots and was tied for the lead in the Hero World Challenge as he approached the turn.

Three shots in the bushes, one shot in the water and a few fits of anger sent him toward the bottom of the pack. A pair of double bogeys over the final three holes ruined an otherwise impressive return, and Woods shot 40 on the back nine at Albany Golf Club in Nassau, Bahamas, and had to settle for a 1-over 73.

He was in 17th place in the 18-man field. Only Justin Rose had a higher score.

Even so, Woods has reason to be encouraged. After taking off 15 months to recover from two back surgeries, he felt no pain or limitations. His misses were not big, just costly. And he was playing again.

He was nine shots behind J.B. Holmes, who opened with an 8-under 64 and had a one-shot lead over Hideki Matsuyama, with U.S. Open champion Dustin Johnson at 66.

Woods is coming off the longest hiatus of his golfing life. Plagued by back problems since 2013 when he was No. 1 in the world, he finally shut it down after tying for 10th in the Wyndham Championship on Aug. 23, 2015, and then going through two back surgeries.

With his first meaningful shot, he tugged his drive slightly onto the edge of a bunker, but hit that into 15 feet and made par.

Early on, Woods — now ranked 898th in the world — looked like he belonged in the 18-man field of players from the top 50 in the world. He answered a few questions, not only with a 342-yard drive with a strong tropical breeze at his back, but with a tight draw.

Overall, Woods made five birdies, two bogeys and two double-bogeys.

THE ASSOCIATED PRESS

Tiger Woods dries his face while on the 10th green at the Hero World Challenge on Thursday in Nassau, Bahamas. CHRISTIAN PETERSEN/GETTY IMAGES

LEADERBOARD

1.	J.B. Holmes	-8	64
2.	Hideki Matsuyama	-7	65
3.	Dustin Johnson	-6	66
4.	Henrik Stenson	-5	67
4.	Matt Kuchar	-5	67
4.	Louis Oosthuizen	-5	67

MLB

Players and owners reach 5-year pact

Baseball players and owners reached a tentative agreement on a five-year labour contract Wednesday night, a deal that will extend the sport's industrial peace to 26 years since the ruinous fights in the first two decades of free agency.

After days of near round-the-clock talks, negotiators reached a verbal agreement about 3-1/2 hours before the expiration of the current pact. A few hours later they signed a memorandum of understanding, which must be ratified by both sides.

"It's great! Another five years of uninterrupted baseball," Oakland catcher Stephen Vogt said in a text message.

In announcing the agreement, Major League Baseball and the players' association said they will make specific terms available when drafting is complete.

"Happy it's done, and baseball is back on," Los Angeles Dodgers pitcher Brandon McCarthy said.

As part of the deal, the experiment of having the All-Star Game determine which league gets home-field advantage in the World Series will end after 14 years, a person familiar with the agreement told The Associated Press. THE ASSOCIATED PRESS

$195M

Among the many changes he luxury tax threshold rises from $189 million to $195 million next year with tax rates rising to 20 per cent for first offenders.

IN BRIEF

Gushue rink faring well without skip at Canada Cup

Brad Gushue's curling foursome is soaring without its skip at the 2016 Canada Cup curling competition.

The St. John's, N.L., rink won its third straight match to open the tournament in Brandon Man., stealing a point in the 10th end in a 7-6 win over Saskatoon's Steve Laycock (2-1) in Thursday's fifth draw.

Mark Nichols is calling the shots with Gushue back home rehabbing his hip and groin injury. THE CANADIAN PRESS

Vancouver, Victoria score world juniors hosting gig

Vancouver and Victoria will welcome the world's top under-20 hockey players in 2019 when the cities co-host the world junior hockey championship. The announcement was made on Thursday.

The 2019 tournament will mark the 13th time Canada has hosted the world juniors.

B.C. last hosted the event in 2006 in Vancouver, Kelowna and Kamloops.

THE CANADIAN PRESS

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Comforting Egg Cups

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Go ahead and admit you love eggs and toast for your evening meal, especially when the toast is designed to soak up every drop of the runny yolks.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 4 slices of wholegrain bread
- 2 Tbsp butter, softened
- 4 eggs
- Salt and pepper to taste

Directions

1. Heat the oven to 375 F.

2. Trim the crusts off of your bread. Use a rolling pin to flatten them and butter both sides of each piece. Press each thin slice into a muffin tin.

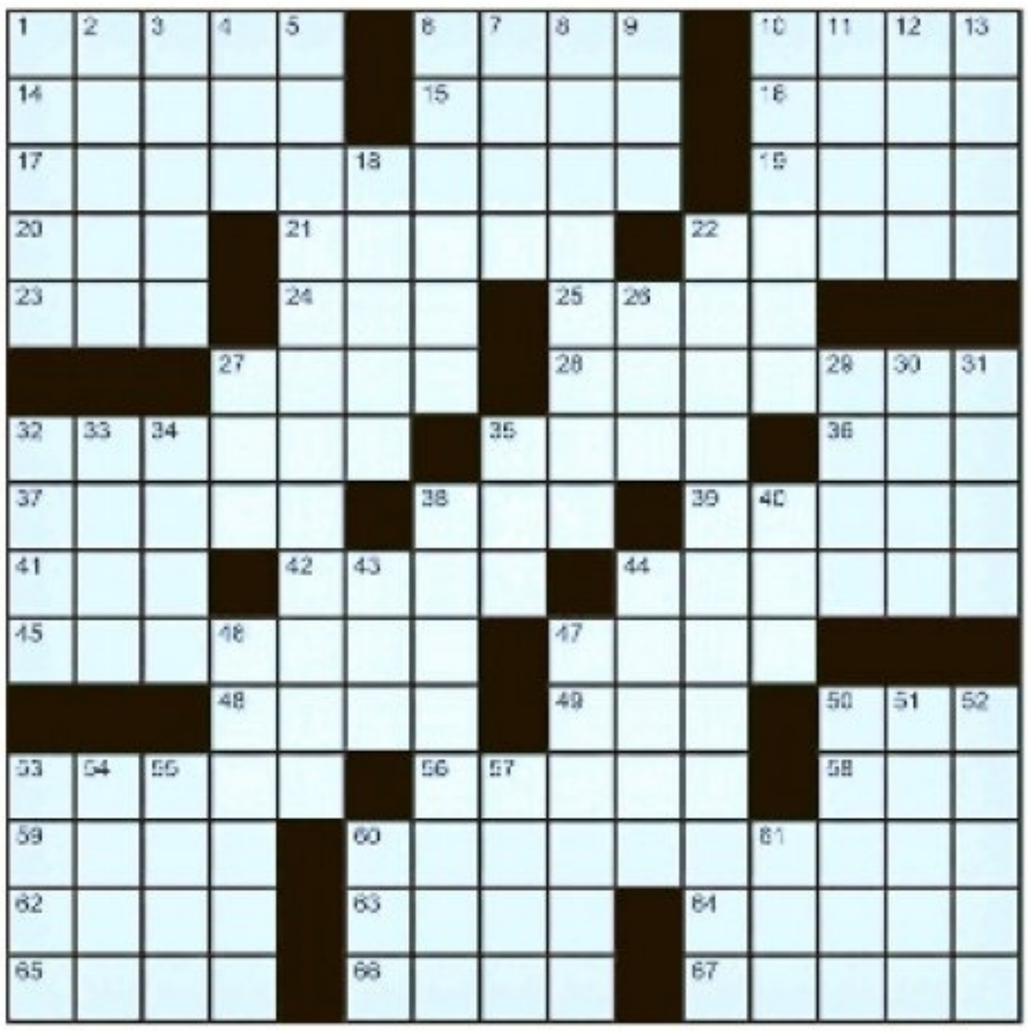
3. Bake in the oven for 10 minutes, or until the bread is golden brown. Remove from oven. You can place the muffin tin on a cookie sheet — it will make getting finished eggs out of the oven easier. Now crack an egg into each nest and sprinkle with salt and pepper.

4. Place it back into the oven for about 20 minutes, you want the yolks and whites to set but not get too hard. Remove from the oven and use a butter knife to pry egg bakes out of the muffin tin. Serve with a side salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Like a roast's glaze
6. "_ la Douce" (1963)
10. Twirl
14. Tenor role in 1892 opera Pagliacci
15. Fine
16. Moreover
17. Denizens of Vancouver Island's largest city
19. Mouselike critter
20. Once __ lifetime
21. "Jeez! I have no idea."
22. Alps song
23. Apple devices platform
24. Rapper, _ Kim
25. Montreal 'cabbage'
27. Ms. Suvari
28. Pilgrimage town in France for Saint Bernadette
32. Careless
35. Feline's utterance
36. Jan's portrayer on "The Brady Bunch"
37. "You've got _ _." ...pointed out the plumber
38. Angry
39. Baby barn bird
41. Final [abbr.]
42. "Stanley & _" (1990)
44. Sanctify
45. Statue of Liberty poet Emma
47. Musician Mr. Puente
48. "Watch your _!"
49. "_ about time." (Finally)
50. Emulate Donald Sutherland
53. Painter Mr. Chagall's
56. _ Corporal (Marines rank)
58. Val-_'_, Quebec
59. Languish
60. Big boulevard in The South Shore of Montreal sharing the surname of Quebec's Premier from 1920 to 1936
62. Prayer's last word
63. Authentic
64. Sir Paul McCartney's second wife Heather
65. Hoover Dam lake
66. TV actress Susan, and surnamesakes
67. Spew

DOWN
1. Cato's 207
2. Chilliwack's wet-day tune
3. Past persons of Peru
4. Meet
5. Retro 1950s garbs: 2 wds.
6. Edmonton-born hockey great Jarome
7. Horse coat style
8. Batman: Accessorized like The Penguin
9. Classified listings, e.g.
10. Enjoy the delicious taste
11. Trudge
12. Archipelago part
13. Sir Coward
18. Archaeological attractions
22. Anne Murray's version of it was said to be John Lennon's favourite cover of a Beatles song ever: 4 wds.
26. Owl's sound
27. Ms. Farrow
29. Salami shop
30. Air Supply's "_ the Nights Are Better"
31. Cobblestone
32. "The Addams Family" (1991) star Mr. Julia
33. "_ Enchanted" (2004)
34. Toronto-based "Pure Auto" band
35. Humanities degs.
38. Can't remember where you put something
40. "Face/Off" (1997) director John
43. Sara of "Less Than Perfect"
44. G's spelled-out follower
46. Rise
47. Touches of colour
50. "Skyfall" songstress
51. Rake over the _
52. TD Canada _
53. Gentlewoman
54. Wile E. Coyote's supplier
55. Carla's portrayer on "Cheers"
57. Greyish
60. Sitcom co-star to #55-Down
61. 18-wheeler

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Use the next two months to make plans for your direction in life, especially your career. This will be a good time to talk to bosses and employers about advancing your job.

Taurus April 21 - May 21
Any kind of study or further interest in education will flow smoothly for you during the next two months. You want to learn, and you also want to travel. Bon voyage!

Gemini May 22 - June 21
The next two months are an excellent time to discuss financial negotiations and matters related to inheritances, insurance issues, taxes, debt and shared property. (It's a very favorable time for these activities.)

Cancer June 22 - July 23
The planet Mercury will oppose your sign for the next two months, giving you an excellent chance to explain your situation to someone close to you.

Leo July 24 - Aug. 23
The next two months are excellent for any kind of mental work, because you will be more attentive to detail than usual. You won't mind doing routine work that you might usually avoid.

Virgo Aug. 24 - Sept. 23
Games and mental activities will appeal to you during the next two months, because your mind will be in a playful mood. Enjoy amusing diversions like puzzles.

Libra Sept. 24 - Oct. 23
Family discussions and home repairs will be your strong focus in the next two months. Memories of your youth and times from the past will resurface.

Scorpio Oct. 24 - Nov. 22
Expect a busy two months ahead! Intellectual activities, short trips and conversations with everyone will keep you on the go! Yada, yada, yada.

Sagittarius Nov. 23 - Dec. 21
Trust your moneymaking ideas, especially in the next two months, because you will bring mental energy to anything related to your earnings and cash flow. Financial discussions will take place.

Capricorn Dec. 22 - Jan. 20
The planet Mercury moves into your sign today, where it will stay until early February of next year. This will make you talkative!

Aquarius Jan. 21 - Feb. 19
Your ability to do research and find answers will be excellent during the next few months. Start digging!

Pisces
Feb. 20 - March 20
Expect increased involvement with friends and groups in the next few months, especially with friends from your past. (It's good to have history with others.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	5				6	7	
4			8		6			9
3			9					5
7			4					3
	6	3				7	9	
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8			6					1
6			3		8			7
	2	9				8	3	

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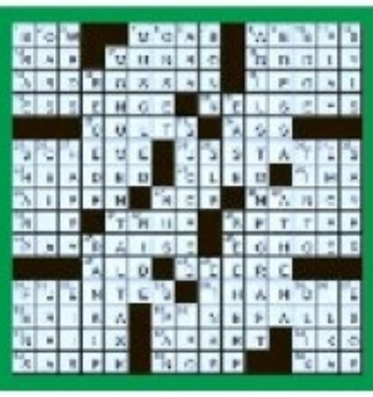

9	5	2	4	7	1	3	6	8
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5	4	8	3	9	2	6	1	7
3	2	9	7	1	6	5	8	4
8	9	4	6	2	3	7	5	1
2	3	5	1	4	7	8	9	6
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